

## 2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 16: Servings of Milk Products Consumed by California Adolescents (N=1,225)

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have yogurt or dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Mean Servings <sup>1</sup> of Milk Products Reported Yesterday			
	All Milk Products	Milk	Cheese	Yogurt & Dairy Desserts
<b>Total</b>	<b>3.6</b>	<b>1.9</b>	<b>1.0</b>	<b>0.6</b>
<b>Gender</b>				
Males	4.1 ***	2.2 ***	1.1 ***	0.7
Females	3.1	1.6	0.9	0.6
<b>Ethnicity</b>				
White	3.8 <sup>b</sup> **	2.1 <sup>b</sup> *	1.1 <sup>b</sup> **	0.6 <sup>a</sup> **
African American	3.4 <sup>ab</sup>	1.9 <sup>ab</sup>	0.9 <sup>ab</sup>	0.6 <sup>ab</sup>
Latino	3.3 <sup>a</sup>	1.8 <sup>a</sup>	0.9 <sup>a</sup>	0.6 <sup>a</sup>
Asian/Other	3.9 <sup>b</sup>	2.0 <sup>ab</sup>	1.0 <sup>ab</sup>	0.9 <sup>b</sup>
<b>Gender by Age</b>				
<b>Males</b>				
12-13	4.3	2.3	1.2	0.8 <sup>b</sup> *
14-15	4.0	2.2	1.1	0.7 <sup>ab</sup>
16-17	3.9	2.3	1.1	0.5 <sup>a</sup>
<b>Females</b>				
12-13	3.2 <sup>a</sup> ***	1.7 <sup>a</sup> ***	0.8	0.7 <sup>a</sup> ***
14-15	3.5 <sup>a</sup>	1.9 <sup>a</sup>	0.9	0.7 <sup>a</sup>
16-17	2.6 <sup>b</sup>	1.3 <sup>b</sup>	0.8	0.4 <sup>b</sup>
<b>Income</b>				
<\$15,000	3.5 <sup>ab</sup> *	1.8 <sup>a</sup> **	1.1 <sup>ab</sup> **	0.6
\$15,000 - \$24,999	3.3 <sup>a</sup>	1.7 <sup>a</sup>	1.0 <sup>ab</sup>	0.6
\$25,000 - \$34,999	3.4 <sup>ab</sup>	1.9 <sup>ab</sup>	0.8 <sup>a</sup>	0.7
\$35,000 - \$49,999	4.2 <sup>b</sup>	2.5 <sup>b</sup>	1.0 <sup>ab</sup>	0.8
\$50,000 - \$74,999	3.5 <sup>ab</sup>	2.1 <sup>ab</sup>	0.9 <sup>a</sup>	0.6
≥\$75,000	3.8 <sup>ab</sup>	1.9 <sup>a</sup>	1.2 <sup>b</sup>	0.7
<b>Food Stamp Status, % FPL</b>				
Participant, ≤130%	3.7	1.9	1.1 <sup>ab</sup> *	0.8
Likely Eligible, ≤130%	3.3	1.8	0.9 <sup>ab</sup>	0.6
Potentially Eligible, 131-185%	3.4	2.0	0.8 <sup>a</sup>	0.6
Not Eligible, >185%	3.6	2.0	1.1 <sup>b</sup>	0.6
<b>Smoking Status</b>				
Non-Smokers	3.6	1.9	1.0	0.6
Smokers	3.6	1.9	1.0	0.7
<b>Physical Activity Status</b>				
Regular	3.9 ***	2.1 ***	1.0	0.7 **
Irregular	2.8	1.4	0.9	0.5
<b>Overweight Status</b>				
Not Overweight	3.6	1.9	1.0	0.7 ***
Overweight/Obese	3.6	2.0	1.1	0.5

Based on the *Dietary Guidelines for Americans, 2005*: Adolescents should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

<sup>1</sup> Each "time" cheese, yogurt and dairy desserts were reported, it was assumed to equal one serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (modified version of Tukey's Standardized Range Test) at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 17: Total Servings of Milk and Milk Products Consumed by California Adolescents (N=1,225)**

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have yogurt yesterday, not including frozen yogurt?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

	Servings <sup>1</sup> of Milk and Milk Products Reported Yesterday, Percent of Adolescents			
	0	1-2	3+	
<b>Total</b>	<b>4.2</b>	<b>32.5</b>	<b>63.4</b>	
<b>Gender</b>				
Males	2.6	25.8	71.6	***
Females	5.8	39.5	54.7	
<b>Ethnicity</b>				
White	4.6	27.2	68.2	**
African American	6.8	32.4	60.7	
Latino	3.6	38.7	57.7	
Asian/Other	3.2	29.0	67.8	
<b>Gender by Age</b>				
<b>Males</b>				
12-13	1.8	20.2	78.0	***
14-15	3.6	37.6	58.8	
16-17	2.5	19.8	77.7	
<b>Females</b>				
12-13	3.8	36.2	60.0	**
14-15	5.9	33.1	61.0	
16-17	7.9	49.4	42.6	
<b>Income</b>				
<\$15,000	7.7	29.6	62.7	**
\$15,000 - \$24,999	4.8	38.7	56.5	
\$25,000 - \$34,999	2.4	41.7	55.9	
\$35,000 - \$49,999	0.6	33.4	66.0	
\$50,000 - \$74,999	4.8	36.4	58.8	
≥\$75,000	4.0	25.7	70.4	
<b>Food Stamp Status, % FPL</b>				
Participant, ≤130%	5.0	29.2	65.8	*
Likely Eligible, ≤130%	3.0	38.4	58.6	
Potentially Eligible, 131-185%	0.1	43.8	56.1	
Not Eligible, >185%	5.1	30.0	64.9	
<b>Smoking Status</b>				
Non-Smokers	4.2	32.2	63.6	
Smokers	3.4	37.5	59.2	
<b>Physical Activity Status</b>				
Regular	3.2	28.1	68.7	***
Irregular	6.9	44.2	48.8	
<b>Overweight Status</b>				
Not at Risk	4.0	31.6	64.4	
At Risk/Overweight	4.9	32.5	62.6	

Based on the *Dietary Guidelines for Americans, 2005*: Adolescents should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

<sup>1</sup> Each "time" cheese, yogurt and dairy desserts was reported, it was assumed to equal one serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 18: Milk Type and Consumption of Lowfat or Nonfat Milk by California Adolescents (N=969)**

What percent fat was most of the milk you drank yesterday?

	Type of Milk Consumed, Percent Out of All Milk Drinkers					Consumed 1% or Nonfat Milk, Percent of Milk Drinkers
	Nonfat	1%	2%	Whole		
<b>Total</b>	<b>21.4</b>	<b>22.5</b>	<b>44.4</b>	<b>11.8</b>		<b>43.9</b>
<b>Gender</b>						
Males	22.7	18.4	44.8	14.1	**	41.2
Females	19.6	27.7	43.8	8.8		47.3
<b>Ethnicity</b>						
White	25.3	26.8	40.5	7.4	***	52.1 ***
African American	24.1	12.6	52.1	11.1		36.8
Latino	18.4	19.9	44.4	17.3		38.3
Asian/Other	17.7	22.7	51.8	7.8		40.4
<b>Gender by Age</b>						
<b>Males</b>						
12-13	35.3	22.7	29.6	12.4	***	58.0 ***
14-15	17.9	16.8	45.0	20.4		34.6
16-17	14.6	15.8	59.7	9.9		30.4
<b>Females</b>						
12-13	25.4	33.2	31.6	9.8	*	58.6 **
14-15	17.6	24.4	49.0	9.0		42.0
16-17	14.6	24.5	53.5	7.5		39.0
<b>Income</b>						
<\$15,000	24.6	16.4	43.5	15.5	***	41.0 ***
\$15,000 - \$24,999	18.0	20.2	46.2	15.6		38.2
\$25,000 - \$34,999	13.6	27.9	44.1	14.4		41.5
\$35,000 - \$49,999	8.9	13.8	62.2	15.1		22.7
\$50,000 - \$74,999	14.2	24.7	53.3	7.8		38.9
≥\$75,000	26.4	26.6	41.4	5.6		53.0
<b>Food Stamp Status, % FPL</b>						
Participant, ≤130%	21.3	21.4	42.8	14.4	**	42.7
Likely Eligible, ≤130%	19.7	23.1	41.8	15.4		42.8
Potentially Eligible, 131-185%	10.7	21.2	54.2	13.9		31.9
Not Eligible, >185%	23.7	23.3	46.4	6.5		47.0
<b>Smoking Status</b>						
Non-Smokers	22.0	22.8	43.8	11.4	*	44.8 **
Smokers	6.9	17.0	56.5	19.5		23.9
<b>Physical Activity Status</b>						
Regular	22.3	21.0	46.0	10.8	*	43.3
Irregular	18.4	27.5	39.1	15.0		45.9
<b>Overweight Status</b>						
Not Overweight	22.1	22.6	43.6	11.7		44.7
Overweight/Obese	16.4	22.7	49.4	11.5		39.1

Based on the *Dietary Guidelines for Americans, 2005*: Adolescents should consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

**2006 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)**

**Table 21: Cross Tabulation of Milk Product Consumption Among California Adolescents by Belief in the Number of Servings Needed (N=1,217)**

How many total servings of dairy products, like milk, yogurt or cheese do you think you should have every day to be healthy?

Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latte?

How many times did you have cheese yesterday including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?

How many times did you have yogurt yesterday, not including frozen yogurt?

How many times did you have dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?

<b>Servings of Milk Products Believed to Be Needed</b>	<b>Percent of Adolescents</b>	<b>Milk Products Consumed (eat &amp; drink), Mean Servings<sup>1</sup></b>
<b>0-2</b>	23.9	2.6
<b>3+</b>	76.1	3.9

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<sup>1</sup> Each "time" cheese, yogurt and dairy desserts was reported, it was assumed to equal one serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

ANOVA

\*\*\* p<.001